

DINNERLY



Pumpkin, Spinach and Goat Cheese Pasta with Toasted Almonds



30 minutes



2 Servings

Here, tender chunks of pumpkin are tossed with spinach and casarecce pasta, while creamy goat cheese and crunchy almonds top off the perfect bowl of comfort food.

- 1 onion
- 500g Japanese pumpkin
- 20g slivered almonds ¹⁵
- 200g casarecce pasta ¹
- 2 vegetable stock cubes
- 100g marinated goat cheese ⁷
- 50g baby spinach leaves

WHAT YOU NEED

- 2 garlic cloves

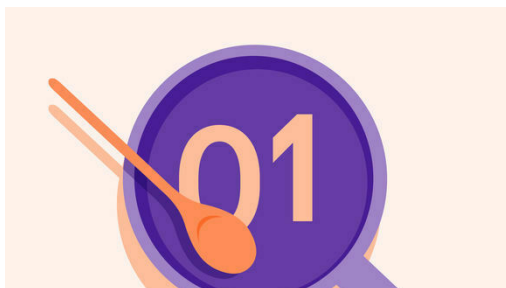
- medium saucepan
- medium deep frypan with lid

ALLERGENS

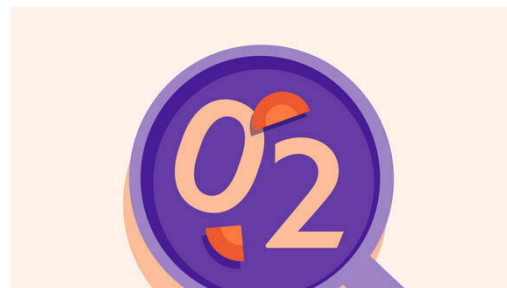
Gluten (1), Milk (7), Tree Nuts (15). May contain traces of other allergens.

NUTRITION PER SERVING

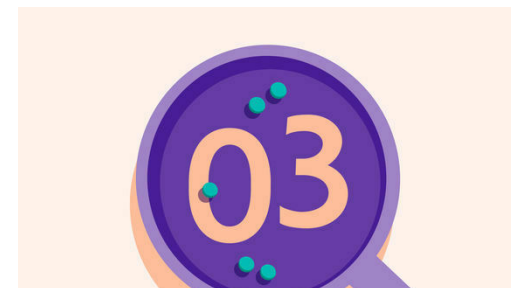
Energy 790kcal, Fat 32.2g, Carbs 91.6g,
Proteins 27.2g



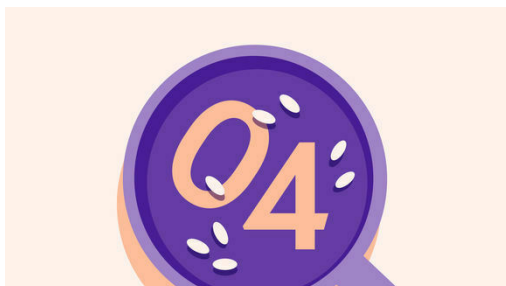
Bring a medium saucepan of salted water to the boil for the pasta. Finely chop the **onion**. Crush or finely chop **2 garlic cloves**. Peel the **pumpkin** and cut into 2cm chunks. Put the **almonds** in a cold medium deep frypan over medium heat. Toast, stirring, for 3-4 mins until evenly golden. Remove from the pan. Reserve the pan.



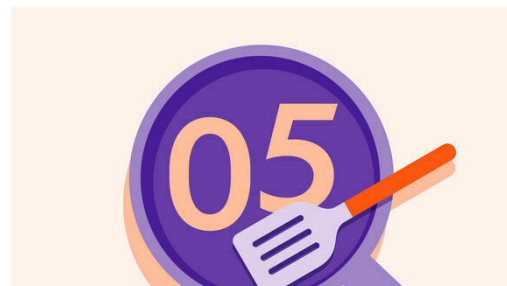
Meanwhile, cook the **pasta** in the pan of boiling water for 9 mins or until al dente. Drain, reserving **250ml (1 cup) cooking water** (see Kitchen 101), then return the pasta to the pan. Crumble **1 stock cube*** into the reserved cooking water and stir to dissolve.



Meanwhile, heat **2 tbs of the goat cheese oil** in the reserved frypan over medium heat. Add the **onion** and **garlic**, season with **salt and pepper** and cook, stirring, for 5 mins or until softened.



Add the **pumpkin** to the pan and cook, stirring, for 5 mins or until starting to soften. Add **2 tbs water** and bring to a simmer, then reduce the heat to low and cook, covered, for a further 6-8 mins until the pumpkin is almost soft.



Add the **spinach leaves** to the pumpkin mixture and stir for 1 min or until wilted. Add the **pasta** and **stock** and cook for 5 mins or until the liquid is slightly reduced and the pumpkin is tender. Taste, then season with **salt and pepper**. Divide the **pasta** among bowls, crumble over the **goat cheese** and scatter over the **toasted almonds**. Enjoy!



Using a little of the pasta cooking water in pasta sauces is a traditional Italian method. The starchy cooking water helps to loosen and thicken the sauce, with silky results.



**Packed in Australia
from at least 95%
Australian ingredient.**